

SOUTH CAROLINA DEPARTMENT OF MENTAL HEALTH
STATE DIRECTOR JOHN H. MAGILL

CATAWBA COMMUNITY MENTAL HEALTH CENTER
EXECUTIVE DIRECTOR PAUL J. CORNELLY

Spring 2012

DMH HISTORY AND DEMOGRAPHICS

DMH
OPERATES A
NETWORK OF
SEVENTEEN
COMMUNITY
MENTAL HEALTH
CENTERS,
42 CLINICS,
FOUR
HOSPITALS,
THREE
VETERANS'
NURSING
HOMES, AND
ONE
COMMUNITY
NURSING HOME.

DMH HOSPITALS AND NURSING HOMES

Columbia, SC

G. Werber Bryan Psychiatric
Hospital

William S. Hall Psychiatric
Institute (Child & Adolescents)

Morris Village Alcohol & Drug
Addiction Treatment Center

C.M. Tucker, Jr. Nursing Care
Center - Stone Pavilion
(Veterans Nursing Home)

C.M. Tucker, Jr. Nursing Care
Center - Roddey Pavilion

Anderson, SC

Patrick B. Harris Psychiatric
Hospital

Richard M. Campbell
Veterans Nursing Home

Walterboro, SC

Veterans Victory House
(Veterans Nursing Home)

South Carolina has a long history of caring for those suffering from mental illness. In 1694, the Lords Proprietors of South Carolina established that the destitute mentally ill should be cared for by local governments. The concept of "Outdoor Relief," based upon Elizabethan Poor Laws, affirmed that the poor, sick and/or disabled should be taken in or boarded at public expense. In 1762, the Fellowship Society of Charleston established an infirmary for the mentally ill. But it was not until the 1800's that the mental health movement received legislative attention at the state level.

Championing the mentally ill, South Carolina Legislators Colonel Samuel Farrow and Major William Crafts worked zealously to sensitize their fellow lawmakers to the needs of the mentally ill, and on December 20, 1821, the South Carolina State Legislature passed a statute-at-large approving \$30,000 to build the South Carolina Lunatic Asylum and a school for the 'deaf and dumb'. This legislation made South Carolina the second state in the nation (after Virginia) to provide funds for the care and treatment of people with mental illnesses.

The Mills Building, designed by renowned architect Robert Mills, was completed and operational in 1828 as the South Carolina Lunatic Asylum. The facilities

grew through the decades to meet demand, until inpatient occupancy peaked in the 1960's at well over 6,000 patients on any given day. From 1828 through 2011, South Carolina state-run hospitals and nursing homes treated over 947,000 patients and provided over 148,500,000 bed days.

In the 1920's, treatment of the mentally ill began to include outpatient care as well as institutional care. The first outpatient center in South Carolina was established in Columbia in 1923.

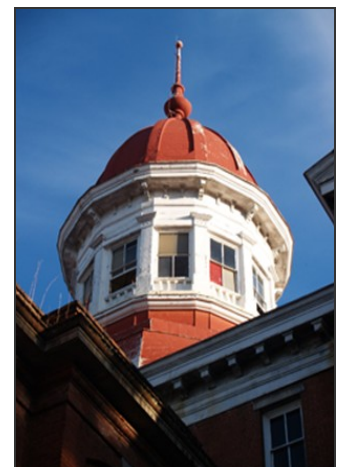
The 1950's saw the discovery of phenothiazines, "miracle drugs" that controlled many severe symptoms of mental illness, making it possible to "unlock" wards. These drugs enabled many patients to function in society and work towards recovery, reducing the need for prolonged hospitalization. Government support and spending increased in the 1960's. The South Carolina Community Mental Health Services Act (1961) and the Federal Community Health Centers Act (1963) provided more funds for local mental health care.

The South Carolina Department of Mental Health (DMH) was founded in 1964. In 1967, the first mental healthcare complex in the South, the Columbia Area Mental Health Center, was built. The centers and clinics have served over 2,800,000 patients, providing over

38,000,000 clinical contacts.

Today, DMH operates a network of 17 community mental health centers, 42 clinics, three veterans' nursing homes, and one community nursing home. DMH is one of the largest hospital and community-based systems of care in South Carolina. In FY11, DMH outpatient clinics provided 1,175,482 clinical contacts and DMH hospitals and nursing homes provided nearly 530,000 bed days. Last year, DMH treated nearly 100,000 citizens, including approximately 30,000 children and adolescents.

DMH
MISSION:
TO SUPPORT
THE RECOVERY
OF PEOPLE
WITH
MENTAL
ILLNESSES.



Babcock Building Cupola



Catawba Community Mental Health Center Administration
 North Lake II Building
 448 Lakeshore Parkway, Suite 205
 Rock Hill, SC 29730
 Phone: (803) 328-9600

Counties Served: Chester, Lancaster, and York

CATAWBA COMMUNITY MENTAL HEALTH CENTER

The “York-Chester-Lancaster Mental Health Center” was established and began treating patients in 1961. The Clinic opened in a house in Rock Hill, SC with only two staff members, a psychiatrist (Dr. William G. Morehouse) and a receptionist. In 1974, two satellite offices were developed in Chester and Lancaster Counties, and the Center maintains fully staffed clinics in Chester and Lancaster today.

On November 6, 1977, the new \$417,000 facility on Dotson Street in Rock Hill was dedicated. With the new building came a new

name: The Catawba Center for Growth and Development. This clinic currently serves our adult clients in York County, and is one of the oldest mental health clinic buildings still in use in South Carolina.

In the mid 1990s, the official name of the Center became the Catawba Community Mental Health Center (CCMHC), and in 2000, the Center moved its York County Child, Adolescent and Family Services to a separate facility just off Herlong Avenue across from the Piedmont Medical Center.

Today, CCMHC provides

mental health services to people of all ages, offering counseling, psychiatric assessment, medication management, crisis intervention, and other services to those experiencing serious mental illness and significant emotional disorders.

During fiscal year 2011, CCMHC served nearly 7,300 clients by providing more than 69,000 outpatient contacts/services.

All DMH facilities are licensed or accredited; CCMHC is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

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Numbers at a Glance for Fiscal Year 2011

	<i>Catawba Community Mental Health Center</i>	<i>DMH Statewide</i>
<i>Adult Outpatients Served</i>	4,403	59,427
<i>Child Outpatients Served</i>	2,895	30,058
<i>Total Outpatients Served</i>	7,298	89,485
<i>Population</i>	335,865	4,625,364
<i>Clinical Contacts Provided</i>	69,336	1,175,482
<i>School-Based Schools</i>	70	388
<i>Children Served by School-Based Programs</i>	2,229	12,064
<i>Supported Community Living Environments</i>	188	3,395



CCMHC Management Team:
 Executive Director Cornely,
 Quality Assurance/Compliance
 Coordinator Glen Poore, and
 Assistant Executive Director
 Steve Sanders



Paul J. Cornely, PhD, MPH,
Executive Director

“WE BELIEVE
EFFECTIVE
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PERSON.”

CORNELY

PAUL J. CORNELY, PhD, MPH—EXECUTIVE DIRECTOR

Originally born in Philadelphia, PA, Dr. Cornely is the second oldest of 13 children. Perhaps those early years with his siblings helped develop his apparent ability to nurture compassionately and lead by example.

Dr. Cornely received his undergraduate degree from the University of Maryland then went to the University of Pittsburgh where he received both his Masters and doctorate degrees from the graduate School of Public Health. Since then, he has worked and taught in a variety of locations. Most notably, he was a consultant to programs serving children and youth through the Department of Psychiatry at the University of Pittsburgh Medical Center, and went on to become their vice-president of community mental health programs.

Dr. Cornely said, “As I moved up in that very large Medical Center, I moved further and further from the front lines and from clients and their

families. I wanted to get back into community mental health and face some new challenges.” Accepting the position of CCMHC Executive Director in 2007 provided just such an opportunity. When he arrived, the Center had a daunting deficit, but it also had excellent clinicians and state of the art programs. With astute leadership, the dedication of CCMHC’s employees, and support from the DMH Central Office, CCMHC has put its finances back in order. Decisions at CCMHC are data driven, outcome oriented, and made with senior management input. According to Dr Cornely, staff contributions have been invaluable.

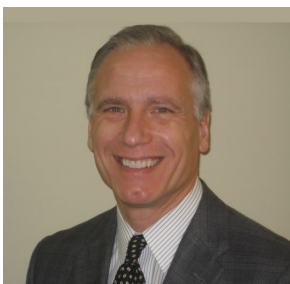
Dr. Cornely expressed concern about a variety of issues: continued population growth with more clients coming in, the need for client housing with intensive staffing; i.e. Crisis Residential Programs, and of course the possible effects of inadequate funding. But he was quick to say,

“While we may face challenges, we continue to focus on providing quality services to aid client recovery.”

Dr. Cornely works to develop linkages with other community agencies. For example, “We are constantly in touch with school districts. With contracts with all of the school districts in York County, we provide 25 school-based therapists in over 40 schools in York, Lancaster and Chester Counties,” he said.

“At CCMHC we embrace the idea that recovery and resilience requires ‘a safe, affordable place to live, a productive way to spend time, enough money for food and clothing, and a date on Saturday night’ (meaningful socialization). We all have these aspirations, but often times they seem unreachable to individuals with a serious mental illness. We believe effective treatment is the underpinning to recovery and we focus on treating the whole person.”

STAN COLEMAN, MD—MEDICAL DIRECTOR



Stan Coleman, MD
Medical Director

Dr. Stan Coleman, has worked at CCMHC for nine years, where he recently accepted the position of medical director. Now, on a typical day he spends 70% of his time seeing clients, 10% handling staffing duties, and 20% goes to administrative work.

Dr. Coleman was raised in rural Indiana, and obtained his master’s degree in English Literature from Ball State and Tulsa Universities. He went to Medical School at the University of North Carolina,

studied General Adult Psychiatry at the Medical University of South Carolina, and did his child and adolescent fellowship at Duke University. Six months of his residency training was spent at CCMHC. “That experience made me realize I should specialize in child and adolescent psychiatry,” he said.

“I strongly support our school-based program. The work we do with clients in the schools makes treatment much more effective. Information we

have about the client allows us to make very accurate determinations. We have a superb system with most referrals coming from the schools. Our school-based therapists get to know the kids, parents, and teachers and develop a strong level of trust.”

As for the future, Dr. Coleman said, “I love what I’m doing; if I’m doing the exact same thing five years from now, I won’t have any regrets.”

BRENDA ARTEMES—BOARD CHAIR

With more than 11 years of experience as a CCMHC board member, Brenda Artemes recently volunteered to be Board Chair, to fill the gap left by a soldier (Chris Barton) called into the service of our country.

Artemes' interest in mental health began at a very young age, when two close neighbors, which she considered part of her extended family, were diagnosed with mental illness. Born in Burlington, NC, the daughter of a mill worker, her parents often said, "You come into this world with only your name and that's all you will leave with. Keep it clean. If you make a commitment, stick to

it!" As a result, she's been committed to promoting the well being of those with special needs and mental illness all her life.

With a bachelor's degree in Elementary Education, and a Masters and EDS in Special Education Administration, she began her education career by teaching second grade. She later taught the first class for emotionally disturbed children in York County, served as principal of a Special Education School, and retired as Director of Exceptional Children's Program for York County.

Artemes believes the primary responsibility of the Board is

to advocate for the mentally ill. She said, "It is the duty of society to care for the mentally ill. Many mental illnesses can be cured or controlled with proper treatment and/or medication. A stable environment is vital to recovery, so we are working to increase the number of housing options available for the mentally ill. I find being on the Board very rewarding; Dr. Cornely keeps us well informed and we all appreciate his excellent leadership and concise reports. I'd like the whole community to be aware of the services we provide; and I look forward to a day when funds will be available for the expansion of services."



Brenda Artemes,
Board Chair

"MANY MENTAL
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ARTEMES

BRENDA PARKER, MA—LEAD CLINICAL SUPERVISOR AND CHILD, ADOLESCENTS, AND FAMILIES (CAF) DIRECTOR

Brenda Parker is the lead Clinical Supervisor for the Catawba Family Center and the CAF Director for York County.

Born in Decatur Georgia, Parker is married, has three adult children and six grandchildren. A CCMHC employee since 2003, Parker brings a strong work ethic, professionalism, and concern for people, to the workplace. She works with a 'strong arm but tender heart'. "At the Center we are many teams within a team. It also takes collaboration with many community agencies to meet the needs of clients; we have no "turf" issues," said Parker.

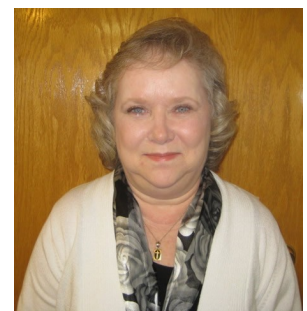
Parker looks for areas that can be improved and has been instrumental in the development of: a specialized walk-in

crisis service, a placement coordinator position, and specialized treatment service components (such as co-occurring disorders treatment) available within the Family Center. Parker is particularly proud of the Young Children's Program at Catawba and the success in working with DSS, DJJ and Keystone with several pilot initiatives.

During her career Mrs. Parker served on the Abbeville County Mental Health Association, was a member of the Hampton County Mental Health Treatment Team, Chairperson of the HIV/AIDS Sumter County Coalition, and more. She has been awarded Employee of the Year four times during her career, was nominated for the DMH

Louise R. Hassenplug Award, and in 2011, was named National Alliance on Mental Illness (NAMI)-SC Mental Health Professional of the Year for her dedication to the provision of child-centered, family-focused, and compassionate care for the children, adolescents and families of SC. Executive Director Cornely said, "Brenda is a tireless advocate for those we serve. NAMI clearly recognizes her compassion and goal to make the lives of little ones and their families more loving and fulfilling."

Parker said, "I believe people can make changes and can survive in this world. My advice is to embrace what you have, accept what you can't change, and change what you can."

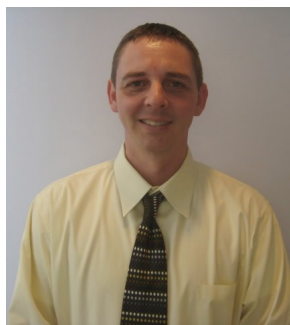


Brenda Parker, MA,
Lead Clinical Supervisor And
Child, Adolescents, and Families
(CAF) Director



Nadine Lewandowski,
M.Ed, NCC, LPC,
Adult Clinical Services Director

ADULT SERVICES
INCLUDE
REGULAR
ASSESSMENT/
DIAGNOSTIC
SERVICES, CRISIS
SERVICES,
OUTPATIENT
THERAPY,
MEDICATION
MANAGEMENT
COORDINATION,
COMMUNITY
COLLABORATION,
AND ONGOING
SPECIALIZED
GROUP THERAPY.



Steven Palin, MA, NCC, LPCI ,
Adult Counselor

NADINE LEWANDOWSKI, M.ED, NCC, LPC, ADULT CLINICAL SERVICES DIRECTOR

“We provide empathetic and loving support to our clients. That’s what makes the Center special” said Nadine Lewandowski, M. Ed, NCC, LPC, director of Adult Clinical Services. Having worked at CCMHC for over three years; she is currently responsible for Adult Services in York, Chester, and Lancaster counties. With 2,129 active clients and 21 clinicians, Adult services include regular assessment/ diagnostic services, crisis services, outpatient therapy, medication management coordination, community collaboration, and ongoing specialized group therapy such as; co-occurring disorders for substance abuse/ mental health, trauma focused services, Dialectical Behavioral Therapy, ACT-like programming, and other intensive counseling programs.

Every day is different for Lewandowski. She does triage, schedules clients, interfaces with community agencies, supervises clinicians and front office staff, and a lot of problem solving. She likes problem solving the best; as she says, “it is very rewarding to see positive outcomes. I want to leave feeling good about what I’ve done each day.”

Lewandowski came to CCMHC with 20 years of human services experience working with individuals in the fields of mental health, addictions, and developmental disabilities. Prior to moving to NC in 2007, she was Vice President for a large human service provider in Western New York for nine years, Deputy Director of a co-occurring disorders outpatient / residential program for

six years, and other supervisory roles for human services programs. Additionally, she served on various boards and faculty throughout her career. She is licensed by NC and SC as a Professional Counselor, certified by the National Board for Certified Counselors, and credentialed through reciprocity as an addictions counselor.

Lewandowski obtained her master’s degree in Community Mental Health at the State University of New York at Brockport in 1990 and is a doctoral candidate for her PhD. She said, “My goals for the future are to continue to feel challenged and have things to accomplish, continue to promote a positive work environment, and strive to improve the lives of others.”

STEVEN PALIN, MA, NCC, LPCI—ADULT COUNSELOR

Steven Palin grew up in Virginia, and earned his undergraduate degree from the Columbia International University in Columbia, SC. After working with adolescents and families for 12 years he returned to school to obtain a master’s degree in community counseling from the University of North Carolina (UNC).

Palin began his career at CCMHC as a graduate student intern. The excellent training and supervision from the UNC as well as the Center prepared him well for his current responsibilities as a Mental Health Counselor at

the CCMHC York Adult Services Clinic. Hired immediately after graduation, he’s been an asset to CCMHC for more than two years. He is currently a Nationally Certified Counselor and Licensed Professional Counselor Intern in the State of South Carolina.

Palin provides adult therapy and case management and has extensive training in Trauma Focused Cognitive Behavioral Therapy. He is an approved Designated Examiner in the State of South Carolina and works with the York County Probate Court in arranging and examining individuals who have been petitioned for

involuntary treatment. Additionally, Palin works with the Catawba After-hours Crisis line.

Palin would like to see lower case-loads per mental health counselor. He said, “Case-loads are high so we frequently balance helping clients in crisis with scheduled client care. However, the staff does a lot of things very well. We are a cohesive group, we have great teamwork; and we all try to improve our skills with frequent training. I personally look for opportunities to learn from fellow workers, supervisors, and clients.”

MESHIA WILLIAMS, M.ED—MST PROGRAM SUPERVISOR

In 2006, Meshia Williams, M.Ed., joined the CCMHC Multi-Systemic Therapy (MST) team, which consists of her and two other therapists. She began her career as a therapist working at the Sexual Assault Resource Center/Safe Passage working with survivors of sexual assault. That experience helped to prepare her for MST, an intensive family and community based treatment that addresses multiple aspects of serious antisocial behavior in adolescents. MST is designed to promote behavior changes in the child's natural environment. MST goals are to decrease rates of antisocial behavior and other clinical problems, give parents the skills and resources necessary to help them independently address the difficulties that

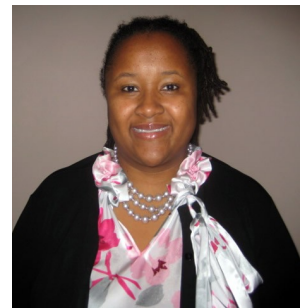
arise in raising teenagers and improve functioning and, decrease out-of-home placements. "What I like best about Catawba is that everyone is so supportive, at both administrative and clinical levels," she said.

MST therapists are on-call 24/7 for the families they work with. This necessitates low case-loads of about 18 clients per therapist, per year. Clients are normally in the program three to five months. According to Williams, "one of the best aspects of the programs is that we utilize problem solving skills and work with family strengths to help clients and their families move forward and take responsibility."

MST therapists work closely with the Department of Juve-

nile Justice, the Department of Social Services, Keystone, churches, and others to collaborate and provide the best possible treatment for the client. Williams said, "The continuity of care provided by Catawba Mental Health Center is great; teamwork is a strong component. We keep each other informed on client issues, which fosters smooth transitions for the clients through various programs."

Williams completed her undergraduate studies in social work at the University of Kentucky and her graduate studies in counseling at Winthrop University. She is a dedicated wife and mother of two. Her philosophy on life is to: "Learn from your experiences. Be open to advice; and try to consistently and constantly grow. Never give up."



Meshia Williams, M.Ed,
MST Program Supervisor

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WILLIAMS

JANET MARTINI, EXECUTIVE DIRECTOR, KEYSTONE SUBSTANCE ABUSE SERVICES (KEYSTONE)

CCMHC partners with a variety of agencies within the community. Dr. Cornely highly values the level of co-operation offered by Keystone Substance Abuse Services.

Executive Director of Keystone Substance Abuse Services Janet Martini has 21 years of experience in the Alcohol and Drug Field. She began working at Keystone in the School Intervention Program, moved into the Women's Treatment Program, left for a few years to work at the Lancaster Recovery Center, and returned to Keystone in 1998. Since

1999, she's been serving as Keystone's Executive Director.

Keystone recently became a part of the 301 system. Martini said, "We are in a quasi-governmental area where we can adapt and adjust; it's the best of both worlds because we are able to diversify funding to maintain and expand service delivery." The 301 system refers to the 33 agencies authorized by the South Carolina Act 301 of 1973, which required each county council to designate an authority to provide mandated services in cooperation with what is now known as the

South Carolina Department of Alcohol and Other Drug Abuse Services (DAODAS).

Martini said, "Keystone has a wonderful working relationship with CCMHC, especially since Dr. Cornely came here. Many of our clients have both substance abuse issues and mental illness, simultaneously. For a number of years Keystone has collaborated with the CCMHC Co-occurring Programs. We are each a valuable resource to the other. We couldn't do what we do without this symbiotic relationship. Together we promote our goals for "Health, Hope and Healing."



Janet Martini,
Executive Director,
Keystone Substance Abuse Services



TO SUPPORT THE RECOVERY OF
PEOPLE WITH MENTAL ILLNESSES.

SC DEPARTMENT OF MENTAL HEALTH

2414 Bull Street
Columbia, South Carolina 29201

Phone: (803) 898 - 8581

WWW.SCDMH.ORG

CATAWBA COMMUNITY MENTAL HEALTH CENTER

Administration

North Lake II Building
448 Lakeshore Parkway, Suite 205—Rock Hill, SC 29730
(803) 328-9600

York Adult Services

166 Dotson Street—Rock Hill, SC 29732
(803) 327-2012

Catawba Family Center

448 Lakeshore Parkway, Suite 110—Rock Hill, SC 29730
(803) 329-3177

Chester Clinic

524 Doctors Court—Chester, SC 29706
(803) 581-8311

Lancaster Clinic

1906 Hwy. 521 Bypass South—Lancaster, SC 29720
(803) 285-7456

RECOVERY SPOTLIGHT BY-ROBERTA T.

I am a 64 year old married mother of two grown children, and I came to the Chester Clinic of Catawba Community Mental Health Center in May of 2003. I transferred there after being diagnosed with bipolar disorder in 2002. I have always struggled with depression, and after being treated by my family doctor with anti-depressants for five years, I came to Catawba.

I had many medication changes until we got the right mixture for leading a 'normal' life. My therapist, nurses, psychiatrist,

and the office staff at the Chester Clinic always treated me with dignity and respect. I was very manic for days and then I would have days of depression where I could do nothing at all. There were a lot of ups and downs but I thank God for the help that I have gotten from Catawba Mental Health.

I am also a recovering alcoholic, but I have been sober 22 years, since October, 1989!

I am also resilient. I received my GED and my LPN license, and I have

enjoyed working with the elderly in nursing care facilities as a nurse.

My therapist has been wonderful and patient and has a lot of empathy. She challenged me to think of other ways to deal with stress and she has been a big help in my day to day activities.

I have learned to cope with daily stressors and have not been in the hospital since 2003. I have learned when to act and react to the best of my ability, and I have learned different tools to live a

good and healthy life. I would advise others to hang in there and have faith that Catawba Community Mental Health Center will put them on the path to recovery. Mental illness is not something to be ashamed of, it is a disease.

I like to read, watch TV, and visit my daughters and grandchildren. To be with my family is the biggest thing. They understand that I have a disease, and they love me for who I am; a loving wife, mother, and grandmother.